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Thursday, October 6, 2011



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NEW FACILITIES: Mayor, Milton McKenzie MBE, and Helen Jenner with Thames View Primary School pupils.

SCHOOL ENJOYS £1.5M MAKEOVER

PUPILS at a Barking primary school are enjoying better facilities following £1.5million expansion works.

Thames View Infants School has seen an extended hall, two new classrooms, a new ICT office, a new parents' room, three small group working areas and an extended staff room.

The new extensions are heated by air source heat pumps and

have underfloor heating.

New energy efficient lighting, windows with solar film and roof insulation have also been installed.

The expansion will allow the school to take in more pupils.

Borough Mayor, Councillor Milton McKenzie MBE, officially opened the new facilities last Thursday.

He was joined by fellow speak-

ers including councillor and chair of the governing body Barry Poulton, John Middleton from the London Thames Gateway Development Corporation (LTGDC) and corporate director for children's services, Helen Jenner.

Building work to expand the junior school with a new eight classroom block, toilet facilities and resource rooms for Years Five

and Six are due to be completed later this month.

Councillor Rocky Gill, cabinet member for education and children, said: "We have worked successfully in partnership with LTGDC and Neilcott Construction on the expansion.

"The school will have a positive impact on the pupils and the expansion will help with demand for school places."

Teenager jailed

A BARKING and Dagenham boy has been given a two year custodial sentence at Waltham Forest Youth Court after being convicted of six counts of burglary.

The 15-year-old, who cannot be named for legal reasons, was sentenced last Wednesday for the crimes in Waltham Forest, which included a burglary at Legacy Business Centre, in Ruckholt Road, Leyton, where £27,000 in cash was taken.

Football scheme

DAGENHAM & Redbridge FC has signed up for a scheme to stop youngsters getting involved in crime and anti-social behaviour.

The launch of Kickz takes place on Tuesday, October 11, at Eastbrook School's Sports Hall, in Dagenham.

Football coaching will take place on Tuesdays and Thursdays from 5-7pm, with basketball on Wednesdays – for more, call Teresa on 020 8592 1549.

'Human library'

VISITORS to Dagenham Library will have the chance to 'borrow' a human book on Monday.

The Human Library is one of the attractions of Five Steps to Wellbeing, an event to mark World Mental Health Day.

From 10.30am to 12pm visitors will be able to talk to someone with first hand experience of mental health issues.

Other events on the day include tai chi, line dancing and free health checks.

INSIDE

this week



London bids
for athletics
event in
2017

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Yellow Advertiser

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JACKIE 48, 5ft 3ins, medium build, likes animals, nights in/out, walks, seeks male, 48-58 for friendship, maybe more, preferably a smoker. Maidstone. **Tel No:** 0905 436 0258 **Box No:** 368093 **✉**

LADY 50, single, enjoys nights in/out, cinema, travel, country walks, seeks sincere, genuine male for friendship, maybe more. **Tel No:** 0905 436 0258 **Box No:** 367815 **✉**

30YR old beautiful blonde with lovely green eyes looking for uncomplicated love and romance with a tall dark haired male. **Tel No:** 0905 436 0258 **Box No:** 368003 **✉**

FUN female 35s looking to let her hair down seeks easygoing N/S guy for a casual relationship. 30-65. **Tel No:** 0905 436 0258 **Box No:** 368001 **✉**

SINGLE confident black female 32yrs, very attractive with a great body! Loves doing fun and interesting things, seeking a real man. Any race/age. **Tel No:** 0905 436 0258 **Box No:** 367999 **✉**

ATTRACTIVE affectionate, romantic female, 51, likes home life, seeks stocky/medium build, genuine male, 47-57 for 1-2-1. Essex. **Tel No:** 0905 436 0258 **Box No:** 384010 **✉**

MAIDSTONE lady, pretty, petite, late 50's, honest, caring, N/S, loves life and most things, seeks nice guy for friendship/relationship. **Tel No:** 0905 436 0258 **Box No:** 366501 **✉**

LATE 40's female, likes most things, animals, walks, cinema, seeks male 45-59 for good times. **Tel No:** 0905 436 0258 **Box No:** 348941 **✉**

49YR old lady, honest, sincere, easygoing, likes a laugh, looking for love. **Tel No:** 0905 436 0258 **Box No:** 359059 **✉**

BEAUTIFUL stunning young female, 21, seeks older, retired gent 70 plus to take care of her. London. **Tel No:** 0905 436 0258 **Box No:** 368187 **✉**

SMART female, size 14, early 60's, likes meal out, places of interests, seeks male, 60-70 for friendship, maybe more. Hornchurch. **Tel No:** 0905 436 0258 **Box No:** 367949 **✉**

BEAUTIFUL slim Oriental female, 22, stunning figure, seeks older, solvent gent, 70 plus for friendship and romance. London. **Tel No:** 0905 436 0258 **Box No:** 368115 **✉**

LISTEN UP! Attractive female, WLTM male into music, films, sport and theatre. London. **Tel No:** 0905 436 0258 **Box No:** 367971 **✉**

ATTRACTIVE mature, outgoing Caribbean female, seeks interesting companion for socialising, good conversation and glass of wine. **Tel No:** 0905 436 0258 **Box No:** 367799 **✉**

ANNE 61, 5ft 3ins, medium build, blue eyes, blonde hair, seeks honest male for friendship, maybe more. **Tel No:** 0905 436 0258 **Box No:** 361243 **✉**

ELIZABETH sexy, loving, kind, caring, seeks older gent, 78 plus for fun times. **Tel No:** 0905 436 0258 **Box No:** 366603 **✉**

ATTRACTIVE affectionate, romantic female, 51, likes home life, seeks stocky/medium build, genuine male, 47-57 for 1-2-1. Essex. **Tel No:** 0905 436 0258 **Box No:** 384010 **✉**

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SUZANNE 35, beautiful blonde, seeks discreet male for chats and a relaxing glass of wine anytime. ACA, status unimportant. City area. **Tel No:** 0905 436 0258 **Box No:** 342527 **✉**

CHEEKY brunette, seeks much older male to have some naughty fun with. **Tel No:** 0905 436 0258 **Box No:** 377306 **✉**

ATTRACTIVE lady in wheelchair, 59, likes travel, meals out, theatre, seeks lovely fella for friendship. **Tel No:** 0905 436 0258 **Box No:** 367471 **✉**

TACTILE blue eyed blonde with lots of lovely lady lumps, GSOH, OHAC, looking for non serious guy for fun times. **Tel No:** 0905 436 0258 **Box No:** 367247 **✉**

TALL slim 60yr old female, many interests, seeks 60yr old tall, sincere, attractive, kind, honest male for companionship and to share life with. Hounslow. **Tel No:** 0905 436 0258 **Box No:** 367375 **✉**

SLIM attractive young looking 50 something soft female looking for 1-2-1 fun with down to earth male. Can accommodate/travel. **Tel No:** 0905 436 0258 **Box No:** 367245 **✉**

WARM loving young girl seeks mature male who is free in the evenings for fun. Status unimportant. **Tel No:** 0905 436 0258 **Box No:** 363967 **✉**

CURVY 38yr old attractive, feminine lady, seeks genuine guy to share life with. **Tel No:** 0905 436 0258 **Box No:** 366769 **✉**

37YR old nurse confident, attractive, single by choice, looking for older N/S male to romance and enjoy quality times together. 45-70. **Tel No:** 0905 436 0258 **Box No:** 363978 **✉**

IRIS 70 widow, Hornchurch, seeks nice, N/S, kind gent with GSOH for occasional meetings out and maybe slow burn of affection. **Tel No:** 0905 436 0258 **Box No:** 366089 **✉**

YOUNG female, early 60's, attractive, caring, likes countryside, seeks genuine male for LTR. **Tel No:** 0905 436 0258 **Box No:** 302228 **✉**

41YR old blonde, seeking discreet male for uncomplicated mutual friendship with benefits! Any age. Call me if you have nothing to lose. **Tel No:** 0905 436 0258 **Box No:** 363303 **✉**

GORGEOUS looking mature lady who likes to look after herself, solvent, home owner, WLTM appreciative younger man, looks unimportant good personality essential. **Tel No:** 0905 436 0258 **Box No:** 364333 **✉**

37YR old outgoing female looking for someone who WLTM up for fun dates. Can accommodate. Any age/status. **Tel No:** 0905 436 0258 **Box No:** 358161 **✉**

35YR old outgoing female looking for someone who WLTM up for fun dates. Can accommodate. Any age/status. **Tel No:** 0905 436 0258 **Box No:** 367645 **✉**

ANGLO Italian, ex model, athletic, brown hair/eyes, likes dancing burlesque, seeks tall, attractive blonde into vintage glamour. **Tel No:** 0905 436 0258 **Box No:** 367653 **✉**

DAVID 45, Jamaican parentage, likes cinema, pubs, seeks attractive blonde/Italian/mixed race female, 25-37 for fun and romance. **Tel No:** 0905 436 0258 **Box No:** 367681 **✉**

LEWIS 40, seeks nice lady for friendship, maybe more. Kent. **Tel No:** 0905 436 0258 **Box No:** 367713 **✉**

HETTY 45, blonde, buxom, sexy, seeks guy 60-80 for fun times. Romford. **Tel No:** 0905 436 0258 **Box No:** 364957 **✉**

BORED lonely housewife 39, attractive, leggy, blonde, WLTM male for daytime meets. Can accommodate. Any age/status. **Tel No:** 0905 436 0258 **Box No:** 364919 **✉**

CARING genuine, slim female, 5ft 2ins, likes cinema, meals out, seeks companion. **Tel No:** 0905 436 0258 **Box No:** 361275 **✉**

63YR old female, young looks, likes meals out, country pubs, boot sales, seaside, seeks nice gent with good personality. 60-69 for friendship and more. Hornchurch. **Tel No:** 0905 436 0258 **Box No:** 366329 **✉**

LADY mid 70's, likes pets, walks, seeks gent for companionship. **Tel No:** 0905 436 0258 **Box No:** 366167 **✉**

ZOE 43, black, loving, trustworthy, genuine, easygoing, seeks generous, loving, caring white male, 50-60 for friendship, maybe more. **Tel No:** 0905 436 0258 **Box No:** 366073 **✉**

IRIS 70 widow, Hornchurch, seeks nice, N/S, kind gent with GSOH for occasional meetings out and maybe slow burn of affection. **Tel No:** 0905 436 0258 **Box No:** 366089 **✉**

YOUNG female, early 60's, attractive, caring, likes countryside, seeks genuine male for LTR. **Tel No:** 0905 436 0258 **Box No:** 302228 **✉**

37YR old blonde, seeking discreet male for uncomplicated mutual friendship with benefits! Any age. Call me if you have nothing to lose. **Tel No:** 0905 436 0258 **Box No:** 363303 **✉**

SMART medium build male, 56, 5ft ins, N/S, GSOH, seeks slim 50's female to share life together. Upminster. **Tel No:** 0905 436 0258 **Box No:** 367749 **✉**

63YR old single male, young at heart/mind, kind, caring, affectionate looking for love with the right lady. Hounslow. **Tel No:** 0905 436 0258 **Box No:** 367831 **✉**

IAN caring, thoughtful, romantic, seeks female for friendship/relationship. Dartford. **Tel No:** 0905 436 0258 **Box No:** 367943 **✉**

PETER good looking, 6ft, 50s female, large build, 35-50 for fun, nights in and out. London. **Tel No:** 0905 436 0258 **Box No:** 367953 **✉**

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GAY English guy 34. Luton based, non scene, seeks older, retired gent, 70 plus for friendship/relationship. **Tel No:** 0905 436 0258 **Box No:** 368163 **✉**

TALL blond, non scene guy, 28, seeks old, solvent gent, 75 plus for friendship/relationship. London. **Tel No:** 0905 436 0258 **Box No:** 368141 **✉**

ADULT interests

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Competition

WIN! Pairs of tickets to see Rat Pack Live

THE Yellow Advertiser has teamed up with the producers of the Rat Pack Live concert show to give 10 lucky readers the chance to win a pair of tickets to the show.

Taking place at indigO2 at the O2 on Saturday, October 27, the show will be the ultimate tribute to legendary Fifties and Sixties phenomenon, the Rat Pack – Frank Sinatra, Dean Martin and Sammy Davis Jnr.

Frank Sinatra is played by David Alacey, who moved Las Vegas legend Buddy Greco to say 'this guy really is Sinatra'. The UK's number one tribute to Dean Martin – Harry Crawley – lives the dream, having played the famous Caesar's Palace Ballroom in Las Vegas, while the similarity of Rahel d'Mello to Sammy Davis Jnr is not confined to stunningly lifelike vocals – he also looks the part.

The Rat Pack Live is the UK's longest-running tribute to Frank, Dean and Sammy. Prepare to experience the definition of cool...

Tickets start from £26 and are available by calling 0844 844 0002 or by visiting www.theo2.co.uk/indigo2

For your chance to win one of 10 pairs of tickets, just answer the following question:

Q: The Rat Pack Live features tributes to Dean Martin, Sammy Davis Jnr and which other famous Fifties and Sixties crooner?



A: Bing Crosby

B: Tony Martin

C: Frank Sinatra

To enter the competition, telephone your answer - A, B or C - to 0901 307 1665 along with your name, address, telephone number and email.

Alternatively text YARATPACK followed by A, B or C, and your name,

full address and email to 63333.

Calls cost 51p from a BT landline. Calls from other networks may vary and from mobiles will cost considerably more. Texts cost 50p plus your standard rates. If you do not wish to receive details on any other products or services or text EXIT at the end of your message. Lines close on

Thursday, October 13, 2011. Entries received after the closing date will not be counted but you may be charged.

T&Cs: Prizes will go to the first 10 entries randomly drawn after the closing date. There is no cash alternative. Usual your publication rules apply. Editor's decision is final.



Running track unveiled

ANOTHER milestone towards London 2012 was reached this week, with the unveiling of the running track at the Olympic Stadium.

World record holder and Paralympic gold medallist Dan Greaves, British long jump record holder Chris Tomlinson and IAAF World Championships silver medallist Hannah England were the first athletes to take to the track.

They were joined by children from West Ham Church Primary School, in Newham.

The Mondo track, which was

laid during August, will provide a fast surface for athletes during competition in 2012.

The same surface has been laid for the 80m sprint straight under one of the main stands and a 400m training track, near the stadium, will be laid shortly.

Minister for Sport and the Olympics, Hugh Robertson, said: "This is another piece in the jigsaw for our Olympic Stadium.

"I am sure that we will see some world records tumble on this track next year and some inspiring performances from

the world's best athletes."

Paralympic discus gold medallist Greaves, who broke the world record and won gold at the IPC World Championships in January, said: "It's so great to be a part of this track launch today. Thinking about coming back here next summer to compete for a Paralympic medal sends shivers down my spine."

ON TRACK: Athletes and West Ham Church Primary pupils join London 2012 dignitaries on the new running surface.

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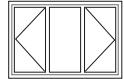
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Singles night

A SINGLES night for those aged 35 to 55 takes place later this month in Chingford.

The event takes place from 8pm at Table 7, 1 Church View Buildings, The Green, on Thursday, October 13.

For details, e-mail marilyn.sampson@hotmail.co.uk

Torch relay

AN ARMY of walkers came through the borough this week.

Some 30,000 primary school pupils from across the capital have been carrying the 1948 London and 1956 Melbourne Olympic Torches as part of a marathon relay.

The relay started in Newham on Monday and will go through all 33 London boroughs.

Teen charged

A TEENAGE boy has been charged in connection with the death of a man in Barking.

Officers were called to the home of Mohammed Zillur-Rahman in Melford Avenue, at around 11pm on Friday, where they found the 43-year-old suffering from a stab wound. He died on Tuesday.

The 17-year-old was charged with GBH and remanded in custody on Monday.

Pair sentenced

AN ASPIRING teacher claims her career will be ruined after going on a shoplifting spree at Lakeside with her boyfriend.

Tania Baldwin, 21, of East Ham, appeared before Basildon Magistrates Court last Thursday alongside partner Arron James, of Plaistow. Both pleaded guilty.

The couple stole £405 worth of goods, which were to be given to relatives as Christmas gifts.

They will carry out 40 hours of unpaid work.

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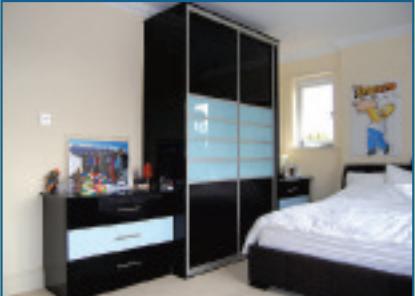
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City bids for 2017 World Athletics Championships

WITH the Olympics less than a year away, officials are already bidding for London to host another major championships in five years time.

The IAAF Evaluation Commission for the 2017 World Athletics Championships visited the capital this week and was greeted with the image of heptathlete Jessica Ennis beamed on to Tower Bridge.

During its two-day stay, the commission – chaired by IAAF Senior Vice-President Bob Hersh – also visited a number of hotels and venues as well as the Olympic Stadium, which could host the championships.

Ahead of the visit, UK Athletics chairman Ed Warner said: "Our aim is to impress. We will demonstrate not only have we got an excellent technical bid, but that the athletes will be at the heart of everything the championships is about."

The first step for the Commission was a meeting with Lord Sebastian Coe, Hugh Robertson, Boris Johnson and Baroness Margaret Ford to receive legal guarantees on being able to host the championships in the Olympic Stadium.

The bid committee, which comprises expertise from UKA, UK Sport, British Government, the Mayor's Office and London and Partners, was then due to present the technical bid for the Championships.

"Our bid is strong and has the wholehearted support and involvement of the Government and the Mayor of London," Mr Warner added.

London will be competing against



Doha, in Qatar, to host the 2017 event.

The successful bidder will be

announced following each city's final presentation to the IAAF Council in Monaco on November 11.

BEAMING: An image of heptathlete Jessica Ennis is projected onto Tower Bridge.

► speedread

Paws in the Park

A FREE event for dog owners and their pets takes place later this month.

Paws in the Park returns to Barking Park from 12noon to 3pm on October 22.

The free event will have agility equipment, a vet offering mini MOTs as well as useful advice and help for dog owners.

For more information about the event, call Emma Tuckey on 020 8594 3698 or e-mail emma.tuckey@lbbd.gov.uk

Recycling bags

RESIDENTS who live in Ascham Homes' low-rise flats will now receive reusable bags for recycling.

Around 12,000 will be distributed to residents, who can deposit the bags in the estate bins before reusing them.

The move will help Waltham Forest Council reduce the amount of waste sent to landfill, which currently costs the authority £114 per ton.

Driver fined

MONTAS Fokas, of Dagenham, has pleaded guilty to driving with no insurance.

Lithuanian born Fokas, 26, who arrived in UK a month ago, appeared at Basildon Magistrates Court last Thursday.

He was discovered driving a VW Golf in Basildon on September 15 without insurance. Fokas was fined £100, had six points placed on his licence and was ordered to pay £15 victim surcharge.



MEET YOUR NEIGHBOURS

Your local Safer Neighbourhoods team is tackling the crime issues that you tell us most affect you. To speak to them about your concerns, or arrange to meet them:

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METROPOLITAN POLICE





Trio wanted for cash theft from woman

POLICE have issued CCTV images of three men wanted for questioning in connection with the theft of cash from an 83-year-old woman.

The offence took place in Peacocks at The Mall, in Heathway, Dagenham, on Thursday, September 15, at 11.30am.

Anyone who can identify these individuals should call the Barking and Dagenham Police Video Identification Unit on 020 3276 1117 or call Crimestoppers anonymously on 0800 555 111 quoting reference KG/S/194/11 - 105/114.

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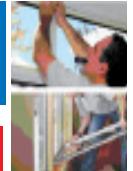
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Meet your neighbours

THE Metropolitan Police Service has launched a new advertising campaign to highlight the work of its Safer Neighbourhoods Teams. 'Meet Your Neighbours',

which includes posters on the underground and bus stops as well as a short radio advertisement, aims to encourage the public to find out more about their local team.

Metropolitan Police Commissioner, Bernard Hogan-Howe, said: "We need dedicated teams of officers in every ward in London. We can only succeed if we work with, and for, local people to tackle the crimes that matter to them."

"These officers who walk the beat and meet the public are part of local communities. As with any good neighbours, they are the sort of people you want in your area."

"I'm encouraging my officers to talk to the public. My message to Londoners is to do the same."

The campaign is also reminding Londoners to make full use of the MPS's new contact number – 101 – which was launched in July.

The number was



ON THE BEAT: A PCSO working in the Safer Neighbourhoods Team.

introduced to improve access to the police, ease pressure on 999 and to help tackle crime and disorder.

The public should

call 101 to report a crime that has already happened, seek crime prevention advice or make police aware of local issues.

For more information about your Safer Neighbourhood team, visit www.met.police.uk/saferneighbourhoods

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Grassroots football coaches sow the seeds of community spirit

Grassroots football is a vital part of life across London, where football has always played a huge role in bringing the community together. But whether it's young kids taking their first steps in the game, boys and girls playing after school, on the weekend and during holidays, or adult Sunday league teams – one thing's for sure, football in our community wouldn't happen without the coaches.

And Carl Bartley, a volunteer football coach at Southwark Caribb AFC in Peckham, is just one of the thousands of grassroots football volunteers from up and down the country who are passionate and committed to the game.

Carl is one of over 20,000 qualified football coaches created through the partnership between McDonald's and The FA to help improve standards in the grassroots game and beyond, and was last year nominated for a national Coach of the Year Award at the FA Community Awards.

Carl has been coaching the Under 12's team at Southwark Caribb AFC for the last five years and in that time he has taken both his Level 1 and Level 2 coaching badges and is currently studying for his Level 3 badge.

Carl understands the grassroots system and uses his knowledge and experience to help youngsters develop at the club every week. His dedication doesn't stop at coaching and he frequently puts in over 12 hours at the weekend, cleaning out the changing rooms, washing the footballs and assisting at other matches. He is a great example of what is required of a grassroots coach showing unlimited dedication, bags of enthusiasm and a great deal of encouragement.

The club is his priority and every summer he runs a five day football summer camp for youngsters in the local area to enjoy football and learn new skills and techniques.

Carl would encourage others to get involved too: "Good quality coaches are the lifeblood of the grassroots game and I'd encourage anyone to find out more – it's so rewarding and there is a real need for more people to get involved.

Carl believes that anyone can be a good football

coach. "You just need patience, a good sense of humour and a willingness to learn. We all have transferable skills that could lend themselves to football – it's just a case of putting them into practice."

There isn't a single footballer – whether it's Wayne Rooney or the striker in the youth team – who hasn't benefitted from volunteer football coaches who dedicate their spare time to grassroots football, week in, week out. Without coaches at grassroots level, the game as we know it simply wouldn't exist.

Football coaching isn't just about creating the stars of tomorrow, the next David Beckham or Gareth Bale, but providing important sporting opportunities in local communities. Kids, families, players young and old – they all rely on local football coaches.

As the FA's Community Partner, McDonald's is committed to identifying coaching talent and helping young footballers shine at grassroots level. That's why McDonald's and The FA are giving away 500 coaching vouchers, each worth £100 to anyone interested in coaching. For existing coaches who want to reach the next level or, to those totally new to coaching and want that first badge, apply online now at www.thefa.com/yourgame.

What's more, 12 lucky individuals will be selected at random to participate in the first McDonald's Coaching Masterclass held at Wembley Stadium in November. At the Masterclass, the coaches will learn from the legends of the game to include The FA's Head of Elite Development Gareth Southgate, McDonald's Director of Football Sir Geoff Hurst, Ex Manchester United Youth Coach and McDonald's Head Coach Eric Harrison and many more. The legends will each host classes on the pitch, teaching the coaches new drills and techniques and answering questions.

Over the last few years many questions have been asked of the English game and the development of our young footballers. Rather than sit back, The FA and its Community Partner, McDonald's are working together to help the development of both players and coaches, developing the right practices and raising standards at grassroots.



BE PART OF THE PICTURE.



McDonald's is giving you the chance to improve the game at grassroots level. If you're interested in becoming a grassroots coach, or you're a dedicated coach ready to take it to the next level, we're giving you the chance to further your coaching career with hundreds of coaching vouchers worth £100 each to give away.

Plus there's the chance to win a coaching Masterclass experience at Wembley for you and your team to be coached by Legends of the game.

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what's on

Barkingbridge Road, Newbury Park, Ilford, 1-3pm.

■ **Free Children's Hockey Training** - Waltham Forest Hockey Club, Walthamstow Academy, ages 8-16, all abilities welcome, every Tuesday 7-8pm, Matt 07909 913121.■ **Stroke Club** - Parkside Stroke Club, Parkside Community Centre, Goodmayes Lane, Tuesdays 1.30-4pm. 020 8995 3973.
■ **Whist Drive** - British Legion Club, Ilford, every Tuesday 7.45pm. 01708 556479.
■ **Line Dancing** - Walthamstow Trades Hall, every Tuesday Intermediate 8-11pm. 07968 036373.■ **Circle Dancing** - King Solomon High School, Barkingside, Tuesdays 8-10.30pm, (during term time), no partners necessary, details 07956 592938.■ **Square Dancing** - American Square Dance Club, Fulwell Cross Library, Barkingside, Tuesdays 8-10.30pm, beginners welcome.
■ **Tea Dance** - Woodward Hall, Woodward Road, Dagenham, mainly Ballroom and Latin American, Tuesdays 2-4pm. 020 8592 8402.**Monday, October 10****Saturday, October 8**

■ **Table Top Sale and Coffee Morning** - Shem Hall Methodist Church, corner of Shemhall Street and Oliver Road, Walthamstow, 11am-1pm, admission free, hot/cold refreshments available.

■ **Walk - West Essex Ramblers**, meet 10.30am, by King's Head pub, North Weald, 10 mile circular country ramble, lunch break Ongar.

■ **Tennis** - Small friendly Tennis Club in Ilford, we play throughout the year, (Sat afternoons, Sun mornings and three weekday, low fees, over 50s welcome, details Tom 020 8933 4365 or John 020 8592 1609.

■ **Free Classes For All** - Ghazi Education Society, English and Urdu (no age limit), Fine Art Classes (for members only), Special Classes for KS1, 2, 3 and year 10 (Maths, English and Science), limited seats, join today, classes held in Ilford and Seven Kings, details Naz 020 8598 8143 (7-9pm).
■ **Anti-hatal Yoga** - Quaker Meeting House, Bush Road, Wanstead E11, Saturdays 10am-noon, Mondays 6.45-8.45pm. Postnatal Yoga, Saturdays 12.05-1.15pm. 020 8923 6452.

Sunday, October 9

■ **Old Time Sequence Tea Dance** - Abridge Village Hall, 2.15-5.30pm, visitors welcome, enquiries Rita 020 8550 5061.

■ **Walk - Ilford and District CHA Ramblers Club**, start 10.30am from Budworth Hall car park, Ongar, (library side), 7 mile circular, lunch taken in Fyfield.

■ **Sunday Service** - Lighthouse Chapel International Church, Outset Centre, Frederick Street, Walthamstow, 11am-1pm. 07974 108350.

■ **Sunday Services**, Kings Road Baptist Church, Chingford (junction of Kings Road and Scholars Road), 11am and 6.30pm.

■ **Sunday Services - Higher Life Christian Centre**, Forest YMCA, 642 Forest Road, Walthamstow, 10am-noon. 012794159441.

■ **All Age Morning Service** - Ridgeway

Tuesday, October 11

■ **Meeting - Waltham Forest Family History Society**, Spruce Hill Baptist Church Hall, Brookcroft Road, Walthamstow, 8-10pm, further details call Barrie on 020 8527 4807.

■ **Meeting - Epping Forest and District Stamp Club**, Roding Valley High School, Alderton Hill, Loughton, (in T8 room), 7.30pm.

■ **Meeting - Fibromyalgia Friendship and Support Group**, Diabetes Centre,

Wednesday, October 12■ **Walk - West Essex Ramblers**, meet 10.30am, outside Enfield Town Railway Station, 5 mile circular including the New River and Forty Hall, with commentary.■ **Monthly Meeting - King of Hearts Cardiac Support Group**, Fulwell Cross Library, Barkingside, Ilford, 7.30pm, cardiac rehab problems. 020 8551 4383.■ **Free Beginner Hockey Training** - Waltham Forest Hockey Club, Walthamstow Academy, for absolute beginners and anyone who hasn't played for years, every Wednesday until October 26, 7-8pm, details Philippa 07952 777824.■ **Wings for Women Support Group** - For women who have experienced Domestic Violence or Abuse, Wednesdays 6.30-8.30pm, 0208 556 7111 or 020 8923 7498.■ **Meeting - Talking Hands**, a friendly Club for the Deaf and Hard of Hearing, Wednesdays 10.45am-2.45pm, York Room, Ilford Library.■ **Gale Singers Ladies Choir** - Hatfield Community Centre, Hatfield Road, off Hemdene Road, every Wednesday 2.30pm, details Janet 020 8592 2270.■ **Legs, Turns and Burns Boot Camp**, Wednesdays 7-8pm and Pilates class 8-9pm at Eton Manor Rugby Club, Wanstead, call Jeannie 07719 626642.■ **Keep Fit** for over 50s - Debenham Park Community Association Hall, Willingale Road, Wednesdays 10.30am. 020 8508 3346.**Friday, October 14**■ **Pipes and Drums** - Waltham Forest Pipe Band, Royal British Legion, 31 Dunton Road, Ilford, pipers, drummers and learners welcome, Fridays 8pm. 020 8520 1727.■ **Yoga Classes** - Parkside Community Association, Ilford, Friday afternoons, beginners welcome, further details 020 8590 7497.■ **Yoga** - Faircross Community Centre, Hurstbourne Gardens, Barking, 2-3.30pm, details Jean 07946 215996/020 8591 5830.■ **Breathing for Health** - Faircross Community Centre, Hurstbourne Gardens, Barking, 4-5pm, details Jean 07946 215996/020 8591 5830.■ **Flamenco Dancing Classes** - Scout Hall, 1 Stephenson Road, E17, Fridays 9.45-10.45am, beginners welcome, (term time). 07804 879294.■ **Line Dance Class** - The Chandos Centre, Stratford, Fridays 8-11pm, beginners to advanced, all levels welcome, call Lisa 07958 788292.■ **Chigwell Row Folk Dance Club** - Limes Farm Hall, Limes Farm Avenue, Limes Farm Estate, Chigwell, Fridays (term time), 8-10pm. 020 8590 5136.■ **Salsa** - The Pavilion, Ilford Sports Club, Cricklefield Stadium, 486 High Road, Fridays 9.30pm, followed by free dance.

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Shortage of new homes threatens future generations of homeowners

Despite a chronic shortage of residential properties in Essex, there is still a low level of homes being built which threatens to lock future generations out of owning a home.

Nationwide, just 72,827 new homes were built during the first eight months of this year, which represents a dramatic fall on the 185,000 new homes constructed at the height of the last property boom in 2006.

"The number of homes being built is simply too low to support the needs of the UK population," said Imtiaz Farookhi, the National House Building Council's chief executive. "Insufficient supply inevitably leads to higher prices and this is creating a two tier Britain, split between those lucky enough to already own a desirable property and the younger generation who can see their own aspirations of home ownership dashed by unwillingness at local level to build the homes that would make that possible."

Increasing the supply of much needed new homes would be a major "game-changer" for growth, according to John Cridland, director general of the CBI employers' group. In a speech last week, he called on the Chancellor to consider a number of measures to help first-time buyers and people who want to move up the property ladder.

Mr Cridland said that owning a home has been a natural aspiration for generations of Britons since the 1950s, but the high cost of property in Essex, strict lending rules and the need to save substantial deposits has put home ownership out of reach for all but the lucky few.

"As we have seen, without a steady stream of eager first-time buyers the housing market stagnates and our whole economy suffers," he said.

The CBI's director general said that the affordable homes market has a major role in boosting homeownership levels, particularly the shared ownership model.

"Shared Ownership was successful during the Thatcher years and a new 21st century model of ownership could make a difference," Cridland said. "I want to see the Chancellor use his autumn statement on 29 November to jump-start the housing market."

In the meantime, house builders are actively trying to increase the supply of new homes, including affordable homes, across Essex to meet soaring demand among a wide range of buyers.

To view an existing list of new homes in Essex for sale, log-on to www.whathouse.co.uk.

For further information and a comprehensive list of affordable homes for sale in Essex, log-on to www.whathouse.co.uk
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ELECTRIC GUITAR, Squire by Fender, black, plus amp, soft case, strap, tuner, book, hardly used, immaculate condition, £60. **PRO-K KARAOKE MIXER**, Microphone & numerous discs, complete with instructions, very good condition, £25. **GOLF CLUBS**, junior set, Donnay, very good condition, £20. **BOXING BOOTS**, Decathlon, mens, size 10, good condition, £5. **BOYS CABRINI BLACK JACKET**, fleece lining, XL, 14-15, worn once, as new, £10. Tel: 01375 672176.

GIRLS SHOES, pink Converse boots, excellent condition, size 12½ £10. **THREE PAIRS GIRLS MONSOON SANDALS**, good condition, size 13, £10. **BOYS HEELEYS**, size 3, £5. **TWO KARATE SUITS**, good condition, size 000, size 1, both items £10. **NAKE CAGE**, 3ft wide x 19in high x 19in deep, very good condition, heated thermostat & accessories, £40. Tel: 07940 709 330.

MAMAS & PAPAS ROCKING HORSE wooden base, brown leather saddle, brown & white, ex cond, suit 2yrs plus, £20. **ELC WOODEN COLISEUM** boxed as new cond, inc roman soldiers, £25. **DIEGO ANIMAL RESCUE TREE HOUSE** inc car, animals with sounds, £20. Tel: 01702 442174.

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MOTHERCARE URBAN DETOUR BUGGY complete with raincover, gc, £30. ELC, GIRLS PINK/MAUVE EASEL chalkboard & painting sides, vgc, £20. **GIRLS PINK ELECTRIC MOVED** from Halfords, suitable 3-5yrs, gc, £20. Tel: 01268 530 577.

LARGE RABBIT HUTCH, built in run, £30. **LARGE INDOOR RABBIT CAGE**, £25. **HAMSTER CAGE**, £8. Brand new, men's, BEIGE. **WATERPROOF LEATHER HIKING BOOTS**, size 10½, £25. **Brand new, TIMBERLAND MENS SAFETY SHOES**, black, size 10, £25. Tel: 07917 683019.

Super kingsize stainless steel bed frame, plus brown leather headboard, £95ono. Maxicosi baby car seat, black, 6mths to 4yrs, cost £180, accept £80 ono. Ikea white cot, plus mattress, from pet/smoke free home, £40ono. Little Tikes, jungle climber, gc, £95ono. Tel: 07940 709 330.

MAMAS & PAPAS ROCKING HORSE wooden base, brown leather saddle, brown & white, ex cond, suit 2yrs plus, £20. **ELC WOODEN COLISEUM** boxed as new cond, inc roman soldiers, £25. **DIEGO ANIMAL RESCUE TREE HOUSE** inc car, animals with sounds, £20. Tel: 01702 442174.

THREE LADIES MOUNTAIN BIKE from £35 each, all ex cond. **THREE GIRLS & BOYS MOUNTAIN BIKE** from £35 each, all ex cond. **MENS SAMURAI MOUNTAIN BIKE** black & silver, 26in wheels, 15 speed, full suspension, back & front disc brakes, ex cond, £70. Tel: 01268 767 959.

ANIMAL CAGE large metal, wipe clean base, collapsible, £20. **V-TECH V-SMILE GAMES CONSOLE** orange with care bears, Spongebob, Winnie the Pooh, Shrek, £25. **LITTLE TIKES** outdoor twin slide tunnel climber, gc, easily slots together, £30. Tel: 01268 555 378.

SIDEBOARD, teak colour, 154cm x 42cm, very good condition, £100ono. **TABLE**, round, extending, teak colour, seats 4-6, good condition, £40ono. **NEST THREE TEAK TABLES**, good condition, £20. **TEAK MUSIC CABINET**, £30. Tel: 01375 679 693.

2+3 SEAT RECLINER SET-TEES brown leather £100. **TABLE + 6 CHAIRS** Italian style dark red £75. **COFFEE TABLE**, round, extending, £10. **20 ARMCHAIR RISER RECLINER** dark red electric £50 **HIGHCHAIR** fisher price £10. **BABY CAR SEAT** £8. Tel: 01268 680 881.

YOU AND ME DOLLS CHANGING UNIT built in wardrobe, baby bath, highchair, accessories, ex cond, £15. **BABY BORN MAGIC BED** £10. **BABY BORN BATH** £5. **BABY BORN CAR SEAT** £8. Tel: 01268 680 881.

BUMBLE BEE BIKE from Halfords, gc, £20. Girls bike, purple design, suitable 3-5yrs, £15. **Yew dining table**, 6ft, extends to 7ft, six chairs, two are carvers, £65. Tel: 01268 730 577.

EDWARDIAN DRESSING TABLE, 4ft wide x 64in high, original castors, new bevelled mirror glass, four drawers, £30ono. **FUTON SINGLE PINE FRAME**, green mattress, spare cover included, very good condition, £25ono. Tel: 01268 786533.

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MOTHERCARE URBAN DETOUR BUGGY complete with raincover, gc, £30. ELC, GIRLS PINK/MAUVE EASEL chalkboard & painting sides, vgc, £20. **GIRLS PINK ELECTRIC MOVED** from Halfords, suitable 3-5yrs, gc, £20. Tel: 01268 530 577.

LARGE FRIDGE FREEZER ex cond, 2yrs old, £80. **WASHING MACHINE** ex cond, £70. **NEW SINGLE BED** £40. **DOUBLE BED & METAL FRAME** £60. **GAS COOKER** nearly new, £60. Tel: 07415 324 886.

WANTED Outboard motor, repair project, runner or non-runner, Mercury, Yamaha, Johnson, etc, 5HP to 100HP, anything considered, may take complete boat if still attached. Tel: 01268 765 086.

TREADMILL PROFORM 525EX distance & time display, speed control, calorie counter, pulse sensor, incline, safety cutout, buyer collects, bargain £30. Tel: 01702 529065.

BOYS MOUNTAIN BIKE, grey, 24in wheels, 15 speed, full suspension, nearly new, ideal 12yr old, excellent condition, £65. Tel: 01268 767959.

BRITAX ECLIPSE CAR SEAT grey & black, vgc, 9-18kgs, £40. **HIGHCHAIR** 3-in-1, Jane, reclines & converts to table & chair, £40. Tel: 01268 784 987.

FISH TANK 101 AQUA CUBE complete with filter, heater, light, gravel, rocks, bog wood, plants, vgc, £25. Tel: 01375 692 251.

LIGHT OAK DINING TABLE, four black upholstered chairs, 48in x 30in, 4mths old, £85. Tel: 01702 622218 or 07773 910929.

VIVARIUM 4ft long two glass sliding doors, suitable snakes or lizards, inc heat mats & thermometers, £40. Tel: 01268 226 430.

BROWN RATTAN CONSERVATORY THREE PIECE SUITE, 3yrs old, cushions need recovering, £99. Tel: 01702 545162.

FRIDGEMASTER UNDER COUNTER FRIDGE. Very good condition. Genuine reason for sale. £60. Benfleet area. Tel: 07979 526921

HALFORDS CAR ROOF BARS, fit Vauxhall Safira, 1999-2005, roof rails, fit similar vehicle with roof rails, £55ono. Tel: 01375 670699.

QUINNY SPEEDI SX IN BLACK. Well used and a bit faded but plenty wear left, all washed. Includes rain cover £25. Tel: 07969 477989 Thorpe Bay.

COMPUTER, FAST PENTIUM 4, FLATSCREEN, keyboard, mouse, software loaded, ideal ebay, facebook, shopping, booking holidays, free delivery, £80. Tel: 01268 76649.

HUMPHRIES CORNER COTBED, cream & wood, excellent condition, plus Mothercare mattress, removable washable protector, hardly used, £100. Tel: 01277 627277.

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TDS LANDROVER DISCOVERY REAR SEAT COVER grey, £10. **NEW FLAME MODERN CHROME GAS EFFECT FIRE**, loose pebbles, £50. Tel: 07766 727 816.

THREE LARGE STACKING BIRD BREEDING CAGES white metal, vgc, £100. **TDS LANDROVER DISCOVERY FOUR CYCLE BIKE RACK** £20. Tel: 07766 727 816.

TABLE TENNIS TABLE CORNILLEAU 320 full size fold away on wheels plus bats and balls £55 Tel: 01708 455 094 Hornchurch

WHITE WOODEN CRADLE WITH PINK DRAPE, mattress, bumper & quilt £25. **PHILLIPS AVENT STERILISER** with botto

£5 Tel: 01702 293880

Bargain Buys

BED 4ft 6in double divan, plus mattress, unused, still wrapped, can deliver, £285. Tel: 01245 420 743.

BOYS BLACK BMX BIKE, 20in wheels, no gears, spare back wheel, very good condition, £45. Tel: 01268 767959.

CHAINSAW, electric, powerful & lightweight, 14in blade, long cable, as new & perfect order, £35.00. Tel: 01702 353150.

CREAM LEATHER SUITE; 2 seater sofa and 2 chairs, cream leather with dark wood inlay, £100. Tel: 07751 244923

DINING TABLE six chairs, gc, light coloured, black granite inlay, black leather look chairs, £99. Tel: 01268 774 191.

DOUBLE SOFA BED clean never been used cream and beige in colour £45 Tel: 01702 582015

EXERCISE BIKE magnetic power, nearly new, buyer collects, £50ono. Tel: 01621 740 558.

FLOOR TILES, 95, light blue with black fleck, 20 x 20, industrial quality, £1 each or 75 the lot. Tel: 01702 300940.

FOOTBALL PROGRAMMES, 50, Arsenal, from 1950s, under £2 each, £90 the lot. Tel: 020 8590 0959.

FOUR DARK wooden chairs, gc, buyer collects, £35. Tel: 01708 741514 between 4-5.30pm.

FRIDGE, under worktop, white, modern, very good condition, can deliver, £55. Tel: 01708 469127.

GENTS MOUNTAIN BIKE original black panther, shimano gears system 5.5, vgc, £65. 01702 298 225.

LCD TV FLATSCREEN 15in with DVD player, freeview, HDMI sockets, £100ono. Tel: 07770 454 254.

RADIATORS, 1000 x 600mm, two doubles, £20 each, four singles, £15 each, all good condition. Tel: 07799 775775.

TONY HAWK RIDE GAME for ps3 also skateboard wireless controller - only used once. £30. Tel: 0742 490000

TWO SEATER couch, black leather-look, exx cond, £40. 3ft divan bed, exx cond, £40. Tel: 01277 656 587.

WHEELCHAIR, as new, folding, £65. **DOG CAGE**, large, folding, £45. Tel: 020 8505 1662.

COMPUTER LCD FLATSCREEN, 17in, grey, good condition, £25. Tel: 01702 540891.

M&S WROUGHT IRON 3FT BEDSTEAD, cream, plus mattress, £50ono. Tel: 07508 481666.

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TWO DISNEY PRINCESS MOON CHAIRS £4 each. **SNUGGLE SACK** £12. Tel: 01375 679 693.

TWO MATTRESS'S AIR-SPRUNG FARO DEEP QUILT nearly new £30 each. Tel 07908 347 876

VW BEETLE, FRONT BUMPER, complete with side lights, no grill, £40. Tel: 01702 547710.

ACER ASPIRE 1 NETBOOK with netbook case, good condition, £80. Tel: 01268 591459.

BMX BIKE, Apollo, 20in wheel, good condition, £40. Tel: 01268 420255.

CD/MP3 radio, Sony, CDX-GT24, 2009 model, as new, £35. Tel: 01268 754 064.

CLEAR GLASS TV STAND. 1.07 x .50 x .54 high £25 Tel: 01708 448001

Pet Services

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CREAM LEATHER SUITE 2 seater sofa and 2 chairs. £100. 07751 244 923

DESK/TABLE, kidney shape, light oak, good condition, £25. Tel: 07767 406194.

EARLY LEARNING CENTRE Coliseum, boxed as new condition £25. Tel: 01268 680 881

FOUR LEATHER JACKETS, size 14-16, as new, hardly used, £35 each. Tel: 01702 392702.

FRONT DOOR wooden, leaded glass, gc, free. Tel: 01702 231 821.

SHOPPER BIKE, two baskets, good condition, £40. Tel: 01702 529467.

Single Pine wooden bed with mattress, vgc, £30. Tel: 01268 752 949.

SMART TRIKE Red & blue, Vgc, Inc box & instructions, £30. Tel: 01268 445 166

WASHING MACHINE £60. Dishwasher, £60. Tel: 01702 542 807

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DANSK OAK COLOURED DINING TABLE 4 chairs, extendable, £50. 01702 201 567

FRIGIDAIRE FRIDGE FREEZER good clean working order £60 Tel: 07751 244 923

INDOOR FOLDING TABLE TENNIS TABLE on wheels, £45. Tel: 01277 654938.

MASONRY PAINT 5 LITRE TINS white, smooth mat, £20. Tel: 01375 401 729.

OVERLOCKER SEWING MACHINE, brand new, never used, £95. Tel: 01708 453952

PHILIPS HOODED HAIR DRYER with chrome stand £35 one Tel: 01702 588750

PHILLIPS HOODED HAIR DRYER with chrome stand £35 one Tel: 07971 556083

POWER RISE & RECLINE CHAIR gc, £90. Tel: 020 8591 1381.

UPSY DAISY TRIKE WITH PARENT HANDLE, vgc, £15. Tel: 01268 753579.

BAR FRIDGE, white, 1yr old, £50. Tel: 01702 420444.

CHAIRS Black, leather look £99. 01268 774 191

MEN'S BIKE, gears, good tyres, £20. Tel: 020 8360 3775.

Wheelchair As new, cost £175, accept £85. Tel: 01702 479 753.

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BMX BIKE, Apollo, 20in wheel, good condition, £40. Tel: 01268 420255.

CD/MP3 radio, Sony, CDX-GT24, 2009 model, as new, £35. Tel: 01268 754 064.

CLEAR GLASS TV STAND. 1.07 x .50 x .54 high £25 Tel: 01708 448001

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2. 'Classified' Advertisers offering goods or service of a business, commercial or trade nature will, at the discretion of the Publishers, be deemed 'Trade Advertisers', and as such, must include their names in advertisements. Telephone numbers are an optional addition to these requirements and not an alternative.

To comply with the Business Advertisements (Disclosure) Order 1977, Trade Advertisers must make it clear that they are selling goods in the course of business either by content, format, size or place of the advertisement or by including words such as 'trade', 'dealer', 'agent', 'wholesaler', ('T') etc. in the advertisement.

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4. The Publishers will endeavour to publish advertisements on the day / date or day / dates specified by the Advertiser but insertion days / dates cannot be guaranteed.

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15. All queries must be notified, preferably in writing to the account department of the publisher within 7 days of the invoice date.

16. All digital services are maintained in partnership with the publishers' hosting service providers. Every effort is made to ensure the continuity of these services, but some occasional technical downtime beyond the publishers control may occur. The publisher and its associated companies shall be under no liability if the production and distribution of web services is delayed or prevented by any cause beyond the control of the publisher.

17. The publisher may provide voucher copies for published advertisements in electronic form only subject to certain criteria. Further information is available on request.

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Boxes are open for the receipt of bona fide answers and are not available for distribution of trade canvassing matter. Original testimonials, goods, cash, cheques or payments of any kind must not be enclosed. A box number and postal address are charged as part of the advertisement, i.e. Box No., centre address. There is no charge for forwarding replies.

Box numbers alone are not available for use in 'trade' advertisements, other than Employment and Business Opportunities.

All advertising must contain the name of the advertiser, phone number alone are not permitted.

Data Protection

The service you have requested may require us to carry out a credit search at a credit-referencing agency, which will record the fact that a search has been made. We may need to share your information with other lenders and credit reference agencies. However, we will only use the information from these searches to make credit-granting decisions and, if necessary, for fraud prevention or tracing debtors.

Data controller will use your information for administration and analysis. We may share your information with other Tindle Group Newspaper companies or carefully selected third parties. We, or they, may send you details of other goods and services, which may be of interest to you. The information may be provided by letter, telephone or other reasonable means of communication. Calls may be recorded or monitored for training purposes.

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TALL green eyed female, seeks tall male for good times. Status unimportant. Tel No: 0905 436 0258 Box No: 377078

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6FT 2ins male, slim, athletic, attractive, blonde hair, blue eyes, N/S, 43, young looks, seeks slim/lush lady under 45. Richmond/Twickenham. Tel No: 0905 436 0258 Box No: 377306

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Daggers' JPT run ended by Blues

By Rowland Lyons at Victoria Road

ESSEX bragging rights went eastwards after Dagenham & Redbridge were knocked out by League Two table toppers Southend United in the Johnstones Paint Trophy on Tuesday night.

A Ryan Hall double and a late Neil Harris strike eclipsed Damien McCrory's second-half leveller as Southend made hard work of this derby duel to win 3-1.

But boss John Still refused to be downbeat.

He said: 'The positive side is we kept going for 90 minutes. But, Southend are going well at the moment and they are quite decent. We had decent performances – particularly the goalkeeper. We have got a problem as we are missing a few players – so it was a little bit of 'mix and match', but at the end of the day, the experience for these players tonight will have been important.'

Wide man, Michael Timlin should have put United ahead in the first minute, but drove his effort wide and into the large travelling support from Hall's square ball.

The League Two leaders did everything but score and Dagenham nearly made them pay on 23 minutes when Brian Woodall appeared to get his head to Gavin Tomlin's flag-kick, but Sean Clohessy spared the Blues' blushes with a smart goal line clearance.

Southend finally did get the breakthrough on 31 minutes when Hall controlled Ryan Leonard's quick throw-in and blasted past Chris Lewington from 10 yards out.

Blues suffered a blow only three minutes after the restart when Anthony Grant fell awkwardly in a midfield challenge and was soon replaced by Harris.

On 50 minutes McCrory was adjudged to have pushed Leonard and the referee immediately pointed to the spot. Hall stepped up, but deep into stoppage time Southend got their deserved third when Harris appeared to get ahead of Leonard in a scarp to finish off after Lewington had made another fine, point blank save.

Soon after Leonard had the ball in the Dagenham net on 62 minutes, but was flagged for offside, sub Harris conceded a free-kick on the edge of his own penalty area. McCrory then stepped

up and – courtesy of a wicked deflection off the Southend wall – put the Daggers right back in the tie.

Southend hit back, but Lewington pulled off the save of the evening to foil a 70th minute Harris header from point-blank range.

But, there was nothing the man-of-the-match could do about Hall's sublime second goal four minutes later. The winger initially appeared to mis-control the unselfish Blair Sturrock's short pass. But, he also fooled a flat-footed Dagenham defence and at the second attempt drilled into the bottom corner past a helpless Lewington.

Late Dagenham pressure saw sub Jake Reed head straight at Glenn Morris and McCrory go close with another free-kick, but deep into stoppage time Southend got their deserved third when Harris appeared to get ahead of Leonard in a scarp to finish off after Lewington had made another fine, point blank save.

"This being a cup game, I have to put it in context to league form," added Still.

"We put people in who



EXPERIENCE: Dagenham & Redbridge boss John Still.

Picture by Martin Dalton

needed the games as much as anything else. I would sooner not have played with three centre-halves, but it was the right thing to do get people through the game. At the moment with our injuries, that is really important."

Still paid tribute to keeper Lewington: "He didn't play many games last year. He

made some errors last season. But, I call those things elementary, which he will make as young keeper and will get better as he gets older. He's a young boy and I know other teams will look at him."

Dagenham travel to Cheltenham Town this Saturday (kick-off 3pm).

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Ice Hockey



GIVE ME A HUG: Romford Raiders celebrate a goal against MK Thunder.

Picture by John Scott

Raiders extend winning streak

ROMFORD Raiders stretched their season-opening winning streak to a record-breaking eight games with a pair of comprehensive victories over the MK Thunder and Invicta Dynamos at the weekend.

The expectation of a stern test from the Thunder, shock 4-1 winners on the Isle of Wight last weekend, never really materialised as Danny Marshall's men thumped their visitors 9-0 in a surprisingly one-sided contest.

Marshall (2), AJ Smith (2), Anthony Leone, Matt Turner, Grant Taylor, JJ Pitchley and JJ McGrath all scored to help the Raiders secure their sixth consecutive league win and maintain their place atop the ENL table.

On Sunday, Raiders travelled to Gillingham for a South East Cup game against the Invicta Dynamos.

Dynamos' defence has been earmarked as their biggest weakness this season and as such it came as little surprise to see free-scoring Raiders skate away with the points in an emphatic 10-5 win, Marshall (3), Leone, Pitchley, McGrath, Juraj Huska, Andrius Kaminskas (2) and Billy Phillips the scorers as Raiders made it two for two in the four-team cup competition.

Raiders welcome pointless Bracknell Hornets to Rom Valley Way in the league next Sunday, a day after visiting Ryde for a South East Cup game against the Isle of Wight.

West Ham United

Iron claim a point

WEST Ham United maintained their unbeaten away record, but were made to work for it in their 2-2 draw at Crystal Palace in the Championship on Saturday.

The Irons fought back twice after going behind, with goals from Kevin Nolan and John Carew cancelling out efforts from Darren Ambrose and Glenn Murray for the Eagles.

Hammers' boss Sam Allardyce said: "I'm pleased with the character shown by the side."

"The spirit of the team and the quality of the team made sure we didn't lose it in the end which was very important."

On-loan Arsenal keeper, Manuel Almunia, made his debut for West Ham, but he was powerless to stop Palace taking the lead after six minutes, when Ambrose side-footed home after good play from Jonathan Williams.

But Nolan once again got on the scoresheet for the Irons, heading home after the Eagles failed to clear George McCartney's cross and Carlton Cole headed back across goal for the former Bolton man to score.

Nolan later wasted another opportunity, heading straight at Julian Speroni, and it proved costly in the second half, as Palace retook the lead with Murray beating Almunia from 15 yards.

But the Hammers had another trick up their sleeve with substitute John Carew heading past Speroni from another McCartney cross.

The Irons remain in fourth place, four points behind leaders Southampton, and host Blackpool on Saturday, kick-off 3pm.

Barking go bottom while Southend lose

Rugby Union

BARKING dropped to the bottom of National League One following their fifth defeat of the season on Saturday.

The Eastenders lost 24-34 to Coventry at the Goresbrook in blistering conditions.

Despite Ian Davey's try cancelling out Alex Nash's opener, Coventry extended their lead in the second half with tries from Nash, Sam Herrington and Ben Russell to gain the bonus

point.

Barking did score two late injury time tries through Andrew Henderson and William Nelson to give a respectable scoreline.

Southend suffered their fourth defeat of the season in National Two South, going down 39-11 at Hertford.

Chris Waring scored their only try on 57 minutes in the second half, at which point they were trailing 29-11. Perry Sansom also kicked two penalties.

After picking up their first victory in National League Three London and South East last week, Westcliff were close in gaining their second victory but were edged out 44-40 at Ampthill.

In London One North, Chingford remain third after winning 25-22 over Braintree.

Eton Manor picked up their second victory of the season, seeing off Ruislip 35-27, while Brentwood lost 20-17 at Old Colfeians.

Concord crash out of FA Cup while Rocks progress

Non-League Football

CONCORD Rangers were on the receiving end of a giantkilling on Tuesday night, losing to Eastern Counties League leaders Wroxham in the FA Cup Second Round Qualifying Round replay.

After coming back from 2-0 down to draw 2-2 at Wroxham, the Ryman League Premier strugglers went behind through Andy Eastaugh's sixth minute goal.

Tony Stokes equalised with a penalty on 51 minutes, but Wroxham's Graham Challen scored late on to dump the Trawlerboys out.

A double from Petrit Elbi and a goal from Kris Newby helped East Thurrock United win 3-1 at St Albans in their replay.

James Abbott scored for Maldon & Tiptree in their replay at home with Whitehawk but was taken to hospital as a result. Sos Yao scored Maldon's second to help them to a 2-1 victory.

Conference South tailenders Thurrock won 1-0 through Lee Boylan's

goal to overcome Kent League's VCD Athletic in a replay at Ship Lane on Monday night.

Redbridge claimed their second Ryman League Premier scalp, beating Bury Town 1-0 on Saturday.

Ben Bradbury's fourth minute penalty was enough for the Division One North side to progress.

Premier Division's Aveley suffered a shock 1-0 defeat at Combined Counties League side Hanworth Villa through Levi King's 70th minute goal.

Essex Senior League's Southend Manor are in the hat for the next round, beating Chertsey Town 4-2, while Chelmsford City saw off Conference South rivals, Tonbridge Angels 3-0.

Ryman League Premier's Billericay went through 3-0 against Chipstead of Division One South.

Rob Swaine gave them a half-time lead, which was stretched by David Knight with a penalty and Harrison Chatting.

Canvey Island lost 1-0 to Conference

North's Bishop's Stortford through Michael Bakare's 55th minute goal, while Waltham Forest, second in Division One North, went down 3-0 at home to Conference South's Eastbourne Borough.

AFC Hornchurch lost 1-0 at home to Bury Town in the Ryman League Premier on Tuesday night through Danny Cunningham's 20th minute goal.

A Sean Ray own goal and Rob Swaine helped Billericay to a 2-0 victory over Hastings United, while Canvey Island drew 1-1 with leaders Lowestoft Town.

Rob King put Gulls ahead, but Matt Halliday equalised for Lowestoft. King later missed a penalty.

Aveley returned to league action on Monday night, losing 2-0 at home to Met Police. Staford's Palmer and Chris O'Flaherty on target.

Romford won 3-0 at Chatham Town on Tuesday night in Ryman League Division One North thanks to a double from Kurt Smith and a goal from Chris Richardson.

Rochford Hundred moved off the bottom thanks to their 46-17 victory over North Walsham, while Thurrock beat Diss 51-5 to stay fourth.

Romford & Gidea Park maintained their 100 per cent winning start in London Two North East, inflicting Chelmsford's first defeat with a 10-23 victory.

Basildon are second thanks to their 22-19 victory at Woodford, while Canvey Island went down 32-3 at Enfield Ignatians.

Danny Hopkins, Ben Bradbury and Joe Gardner were on target for Redbridge in their 3-1 victory at Waltham Abbey, while it was goalless between Ware and Brentwood Town.

Russell Pond put Heybridge Swifts ahead against Leiston, with Lee McGlone equalising on 58 minutes.

However, Tom Broadhurst scored what would be the winner two minutes later.

Great Wakering Rovers manager Ryan Wilkinson resigned after watching his side lose 7-0 at Waltham Abbey on Saturday.

They were 5-0 down inside the first half-hour following goals from Louis Bristow, Steve Cawley (2) and Tom Shaw (2).

Adam Bolle headed in the sixth on the hour, while Cawley grabbed his hat-trick with six minutes remaining.

Bottom club Ilford doubled their points at the bottom following their 2-2 draw with Tilbury, while Grays Athletic remain top but were held to a goalless draw by Cheshunt on Sunday.

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Hammers' boss Sam Allardyce said: "I'm pleased with the character shown by the side."

"The spirit of the team and the quality of the team made sure we didn't lose it in the end which was very important."

On-loan Arsenal keeper, Manuel Almunia, made his debut for West Ham, but he was powerless to stop Palace taking the lead after six minutes, when Ambrose side-footed home after good play from Jonathan Williams.

But Nolan once again got on the scoresheet for the Irons, heading home after the Eagles failed to clear George McCartney's cross and Carlton Cole headed back across goal for the former Bolton man to score.

Nolan later wasted another opportunity, heading straight at Julian Speroni, and it proved costly in the second half, as Palace retook the lead with Murray beating Almunia from 15 yards.

But the Hammers had another trick up their sleeve with substitute John Carew heading past Speroni from another McCartney cross.

The Irons remain in fourth place, four points behind leaders Southampton, and host Blackpool on Saturday, kick-off 3pm.

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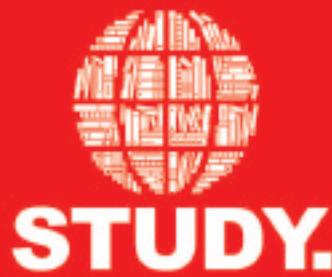


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8.50pm-Yoga

Wednesday

6.00pm-circuit
7.00pm-ZUMBA
8.00pm-Ab Attack

Thursday

7.00pm-Body Pump
8.00pm-Belly Dancing

Friday

6.00pm HI LO Aerobics

Saturday

10.30am-Body Jam



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Saturdays

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Under 16s/1.00-2.00pm
Adults

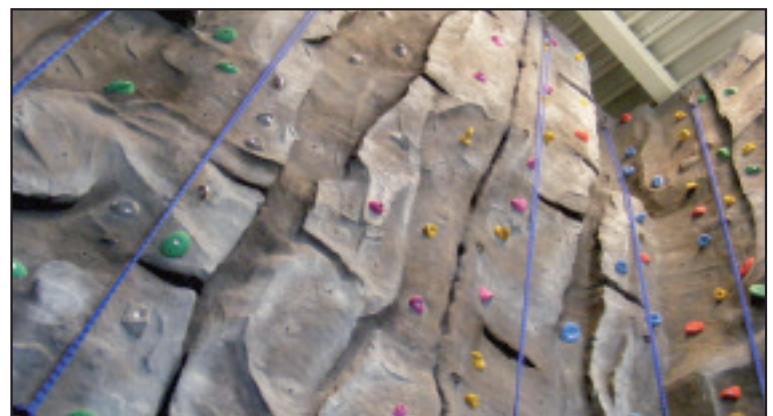
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